



Division of
Mental Health
and Addictions.

"People helping
people help
themselves."

THE SPECTRUM

LOGANSPOUT STATE HOSPITAL

Vol. 31, No. 9

September 2021

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LSH SEPTEMBER EOM JOE MELIN



EMPLOYEE OF THE MONTH

Pictured L-R: Safety Director, Dan Cooper;
EOM- Safety Officer, Joe Melin; and
Maintenance Plant Director, Erick Minks

Joe has a great attitude and regularly puts in his best effort. He was one of the first of Maintenance to volunteer to help on the units and I have received many compliments on his attitude and helpfulness. Joe is always trying to assist other people and provides encouragement and a good laugh to many people throughout the hospital. I feel that he is deserving of some sort of recognition in this time of struggle.

Daniel Cooper
Safety Director

I support this nomination. Joe is a bundle of positive energy. He is optimistic and eager to help whenever and wherever he can. Joe tackles problems creatively and ambitiously.

Daryl Hall
Assistant Superintendent



From the Superintendent's Desk...

September is Suicide Prevention Month!

Thank you to those who wore purple or teal in support of World Suicide Prevention Day on



September 10th. We had a great turnout for the annual Light Up the Sky Lantern Release sponsored by the Cass County Zero Suicide Taskforce.

Thank you to Mike Busch and Stephine Walker for working the registration table! I am always overwhelmed and humbled by this event. We do this event as an opportunity for healing and to honor loved ones lost to suicide,

and to raise awareness for suicide prevention. The event is always held on the 2nd Saturday of September if you would like to put it on your calendar. Our goal in Indiana and Nationally is Zero Suicides. One death by suicide is too many. On average, one person dies by suicide every eight hours in Indiana. This is five times as many people who died in alcohol related motor vehicle accidents in 2017. Suicide is the 10th leading cause of death in Indiana. It is the 2nd leading cause of death for Hoosiers aged 15 to 34. It is the 4th leading cause of death for Hoosiers aged 35-54. The suicide death rate in Indiana (per 100,000 population) is 16.36. This is above the national average which is 14 (Stats based on most recent 2017 CDC data. You can learn more at afsp.org/statistics). One warning sign and contributor to suicidal thoughts and actions is loneliness and a feeling of anonymity, as well as hopelessness and helplessness. I want you to know that the world is a better place with you in it.



You matter! I also want to encourage us all to be the one to reach out to others with encouragement, a smile, or a kind gesture. Be the one to ask if someone is okay. Kevin Hines is a national speaker, advocate, author, and storyteller. He is also a survivor of a suicide attempt off the Golden Gate Bridge. If you have not ever heard his story, please search online. It's an inspiring story. One part of his story which resonates with me is his description of how in those moments from his house, on the bus, and walking to the bridge, he hoped for one person to reach out, to ask if he was okay, and to let him know he was not alone. Even though he was sobbing, nobody did. Statistically, I know there are individuals working here at LSH who have been impacted by suicide loss. I want you to know how deeply sorry I am for your loss. We are like family here at LSH. No matter your stress level. No matter the situation. Please take time each day to offer a smile or a kind word to your LSH family members. Remember, it's okay to not be okay. The National Suicide Prevention Lifeline is 800 -273-TALK and Indiana's 24-hour, anonymous crisis text line can be reached by texting "IN" to 741741. Be Well LSH!

SPECTRUM
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SEPTEMBER IS SUICIDE PREVENTION MONTH

The COVID19 pandemic has affected more than just physical health.

IT'S OKAY TO NOT BE OKAY

National Suicide Prevention
Lifeline: 800-273-8255

Text "IN" to 741741
Call 2-1-1 to speak with a
trained counselor 24/7

#BeThe1To SAVE A LIFE

Ask "Are you thinking about suicide?"

Show up for that person.

Keep them safe by knowing if they have
a plan or access to lethal means.

Help them connect to resources and
information on mental health
professionals.

Follow up and see how they are
doing.



September is also National Recovery Month



SEPTEMBER



NATIONAL RECOVERY MONTH 2021

RECOVERY IS FOR EVERYONE:
Every Person, Every Family, Every Community

WWW.NATIONALRECOVERYMONTH.ORG





POLICY UPDATES

The following LSH policies were reviewed/updated in **August** (All Staff are to read all changed Policies)

- **A-1 Notification of Unusual Incidents** – *In cases of death/hospitalization/serious bodily injury of patient, the patients Emergency Contact is also to be contacted.*
- **A-21 Autopsy Policy** – *No Changes*
- **A-32 Do Not Resuscitate** – *No Changes.*
- **A-42 Personal Property Responsibility** – *A discharge Readiness section was added. A Patient Personal Property Sign-Off sheet has been developed and now attach4ed.*
- **H-31 Code of Conduct** - *Not all inclusive: ▪ Personal social media posts should not name Logansport State Hospital as your place of employment. ▪ Interactions are to be therapeutic; if questionable, ask for direction and advice. ▪ A line, comment, response or paragraph about other employees or their posts on social media is a form of gossip and can be interpreted as retaliation or intimidation. ▪ Every effort should be made to protect patient confidentiality and all related hospital policy must be followed. ▪ All persons are*

*expected to conduct themselves in a professional and ethical manner at all times when engaging in hospital activities. **PolicyStat Read and Sign (Acknowledgement) Issued***

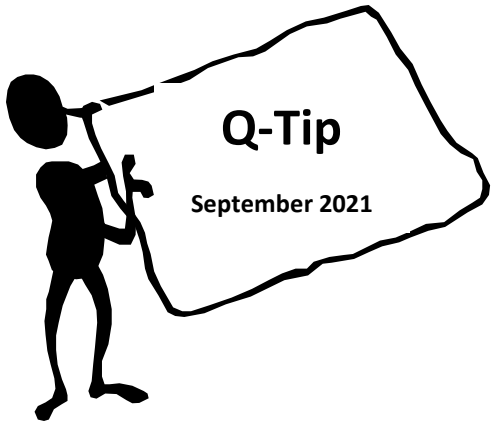
LSH Policies referenced can be found on the LSH intranet site in PolicyStat by following these steps:

- Go to LSH intranet home page
- Click on “Hospital Policies (PolicyStat)” button-top center of home page outlined in green
- PolicyStat User Name is your state email address
- Once in PolicyStat, use the search bar to find policies by number, name or key word
- To find FSSA, DMHA, and other SPH policies, click on “change location” in the blue bar at the top of the page

Policies available on PolicyStat are the current and official policies.



Continuous Readiness Reminders



Gifting Food or other Items to Patients *By Quality Management*



No staff, visitor or student is to lend or give money to a patient, borrow money from a patient, or make other financial transactions with a patient, except for the standard financial procedures established through the business office. No staff member is allowed to buy, trade, or barter items or services with the patients. **NO staff, visitor, or student is to offer gifts or food to individual patients that are not part of a patient's treatment.** The patient's treatment team must approve any exception.

- If you have questions, please review the Code of Conduct Policy (H-31) within Policy-Stat or refer to the current training in SuccessFactors.
- Indiana Code: Section 12-24-17-6 states that gift giving to patients is a class B misdemeanor.
- If you are interested in making donations to the patients, please contact Community Services for an approved list of needed items.

Ind. Code § 12-24-17-6

Section 12-24-17-6 - Unauthorized dealing or contracting by state institution employee with or for a patient concerning money or property

An employee of a state institution who does any of the following commits a Class B misdemeanor:

- (1) Knowingly deals with, contracts with, purchases from, or purchases for a patient in the state institution any property without the permission of the superintendent.
- (2) Lends to or borrows from a patient money or other property.

IC 12-24-17-6

As added by P.L. 2-1992, SEC.18.

Live Health Online

With LiveHealth Online, you now have on-demand, quick and easy access to board-certified doctors with a video visit using your smartphone, tablet, or computer with a webcam. You can sign up for free at www.livehealthonline.com or download the mobile app from your app store!

- A LiveHealth Online visit usually costs \$59 or less depending on your health plan
- LiveHealth Online can be used for common concerns like flu, colds and fevers, minor rashes

and more

- LiveHealth Online also now offers psychology, psychiatry, and allergy visit options
- Prescriptions can be sent to the pharmacy of your choice, if needed

Attached is the [LiveHealth Online: How to Register flyer](#)

More info can be found at www.investinyourhealthindiana.com/livehealth-online

Sign up for
LiveHealth Online
How to register in
minutes before you
feel sick



Using LiveHealth Online, you can have a private and secure video visit with a board-certified doctor or licensed therapist on your smartphone, tablet or computer with a webcam. It's an easy way to get the care you need at home or on the go.

When your own doctor isn't available, use LiveHealth Online 24/7 if you have pink eye, a cold, the flu, a fever, allergies, a sinus infection or other common health

condition. A doctor can assess your condition, provide a treatment plan and even send a prescription to your pharmacy, if it's needed.¹

If you're feeling anxious or having trouble coping on your own and need some support, you can have a video visit with a therapist using LiveHealth Online. Make an appointment in four days or less at livehealthonline.com or on the

phone at **1-888-548-3432** from 7 a.m. to 7 p.m., seven days a week.² Evening and weekend appointments are available. You can get help for anxiety, depression, grief, panic attacks and more.

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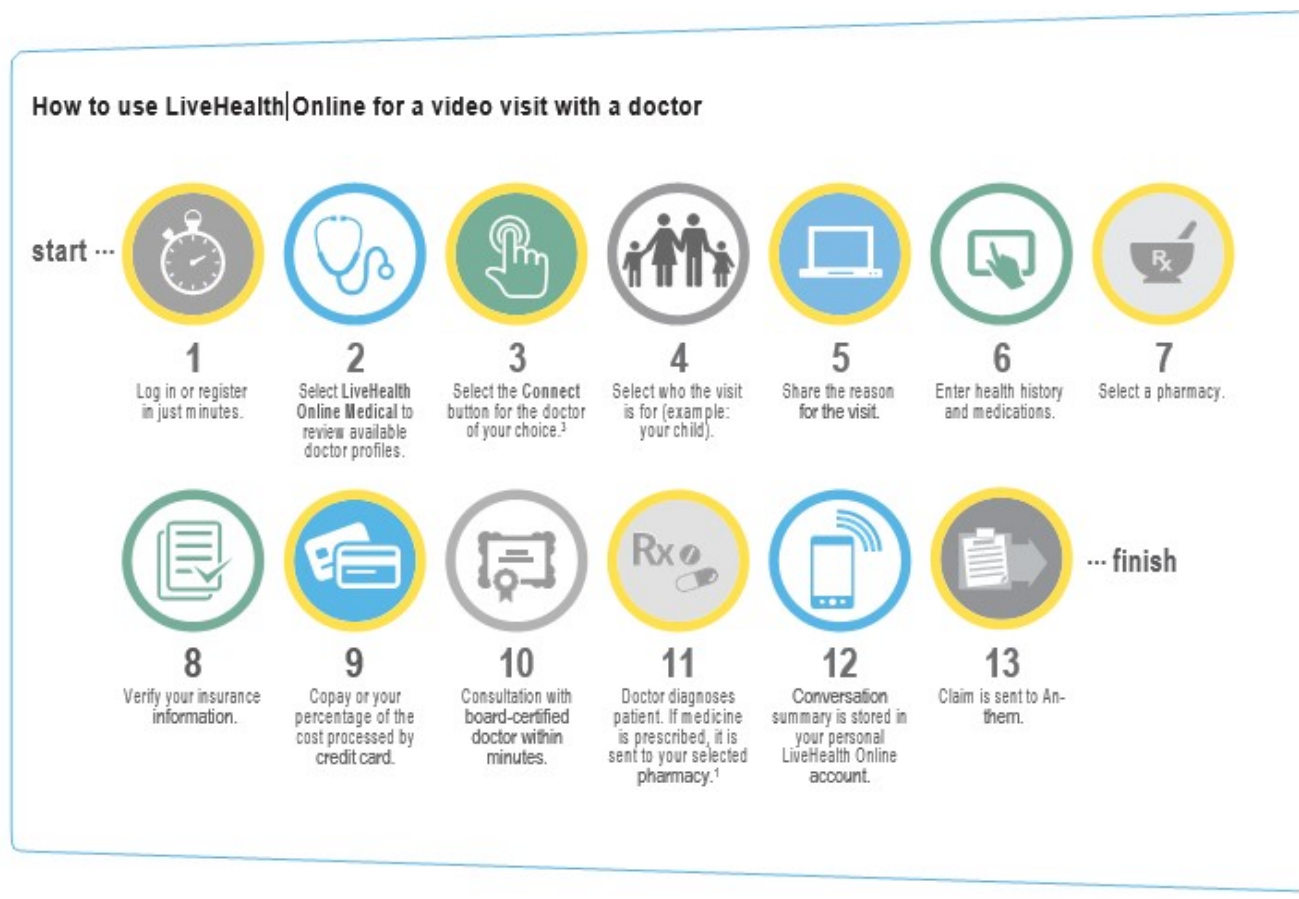
How to get started

Rather than waiting to sign up when you're not feeling well, register today so you're ready for a visit when you need one. To sign up, visit livehealthonline.com or download the free LiveHealth Online app to your mobile device. Next, you:

1. Choose **Sign Up** to create your LiveHealth Online account. Then enter information like your name, email address, date of birth and create a secure password.
2. Read the *Terms of Use* and check the box to agree.
3. Choose your location in the drop-down box of states.
4. Enter your birth date and choose your gender.
5. For the question "Do you have insurance?", select **Yes**. Be sure to have your Anthem member ID card handy to complete your insurance information. If you choose **No**, you can still enter your insurance information later.
6. For **Health Plan**, in the drop-down box, select **Anthem**.
7. For **Subscriber ID**, enter your identification number, which is found on your Anthem member ID card. Select **Yes** if you are the primary subscriber or **No** if you are not the primary subscriber.
8. Insert a service key if you have one. If you don't have a service key that's OK, this is optional and not required to register.
9. Select the green **Finish** button.

Your account securely stores your personal and health information

You can be confident knowing you can easily connect with doctors when you need to consult about certain conditions, share your health history, and schedule online visits at times that fit your schedule.



The steps to set up an appointment with a therapist using **LiveHealth Online Psychology** are very similar to seeing a doctor. You need to select **LiveHealth Online Psychology** to see available therapists and schedule an appointment.

Questions about how to use LiveHealth Online?

Call toll free at **1-888-LiveHealth (548-3432)** or email help@livehealthonline.com. If you send us an email, please include your name, email address and a phone number where we can reach you.

Covid News!

Avoid the Three Cs

Be aware of different levels of risk in different settings.



There are certain places where COVID-19 spreads more easily:



1 Crowded places

with many people nearby



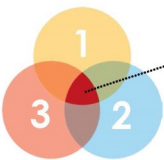
2 Close-contact settings

Especially where people have close-range conversations



3 Confined and enclosed spaces

with poor ventilation



The risk is higher in places where these factors overlap.

Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three Cs.

WHAT SHOULD YOU DO?



Avoid crowded places and limit time in enclosed spaces



Maintain at least 1m distance from others



When possible, open windows and doors for ventilation

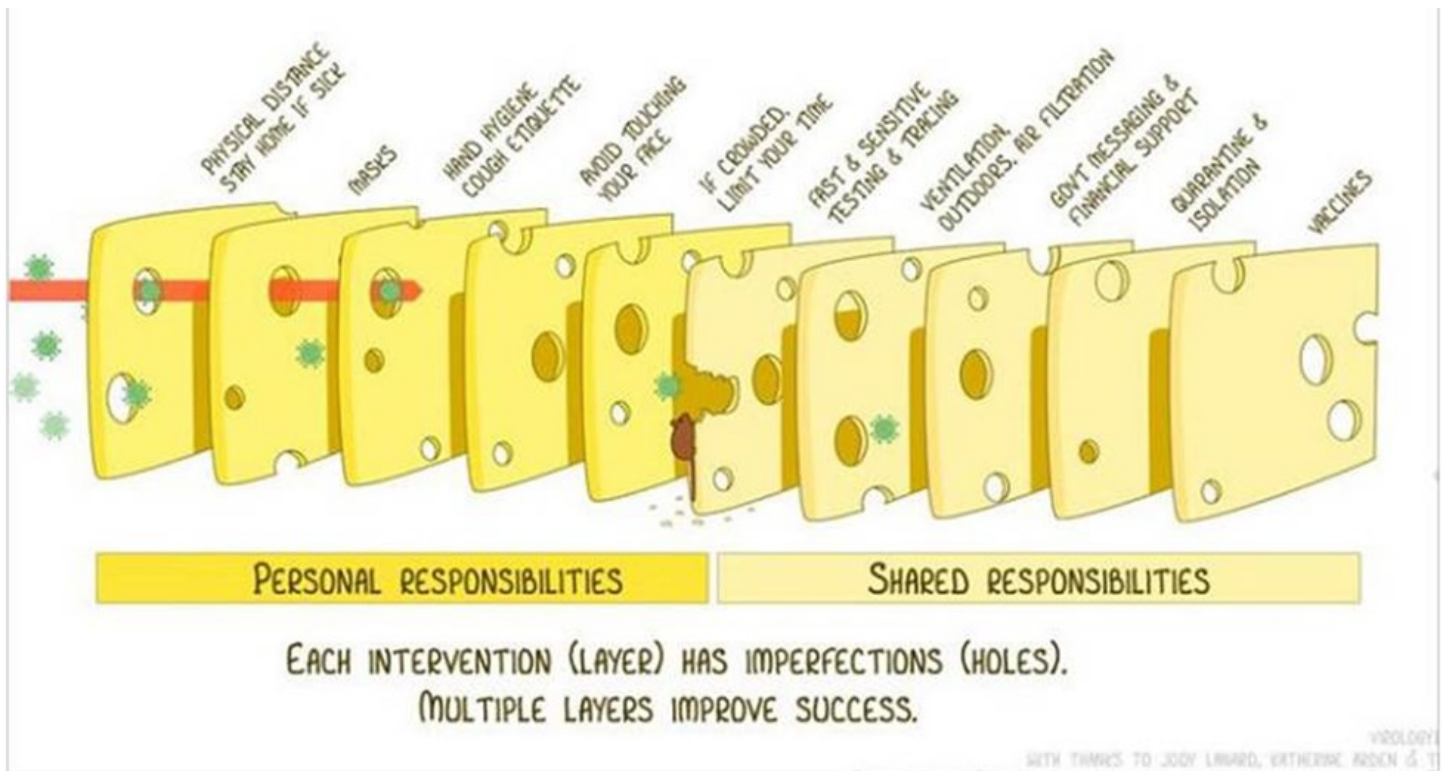


Keep hands clean and cover coughs and sneezes



Wear a mask if requested or if physical distancing is not possible

If you are unwell, stay home unless to seek urgent medical care.





Logansport State Hospital will again host a blood drive in support of the American Red Cross on WEDNESDAY, OCTOBER 6, from 9:00 a.m. to 3:00 p.m. in the Conference Center.

The need for blood is currently at a critical level.

We have 15 donor slots available. Please email me to schedule an appointment to donate.

LSH Blood Drive 10/6/21--Things to know:

- Spouses of LSH Employees are welcome to donate during our blood drive.
- The blood drive will be held in the **Conference Center** on **Wednesday, October 6, 2021**. Appointment times begin at **9:00 a.m.** and are available every 15 minutes until **3:00 p.m.**
- Contact the Community Engagement office for an appointment: michael.busch@fssa.in.gov
- Using RapidPass on the day of the blood drive is **strongly encouraged** to shorten your wait time when arriving for your donation. Check your email the morning of the blood drive to complete the RapidPass process.
- Expect the donation to take up to 45 minutes from start to finish.
- **LSH employees may donate blood "on the clock"—you do NOT need to clock out or use your lunch break to donate. You will need to inform your supervisor of your donation time to ensure work coverage is maintained.**



The Wellness Committee consists of:

*Diana Anderson, Mike Busch,
Vicki Campbell, Mary Clem,
Maureen Guimont, Kris Keeler,
Darrin Monroe, Julie Stapleton,
Lucia Ward and Kenneth Zawadzki.*

LONGCLIFF MUSEUM: Art-n-Facts

Art-n-Facts Dairy Farm Memories

By Jim Foster (Started as an Attendant in July 1961, went to Nursing School 1962-1965, retired from LSH as Assistant Director of Nursing in 2005.)

In 1961, a year before he went to nursing school, Jim Foster worked the midnight shift (11pm-7am) at the Dairy Colony. He would call in to the switchboard operator at the Administration Building every hour.



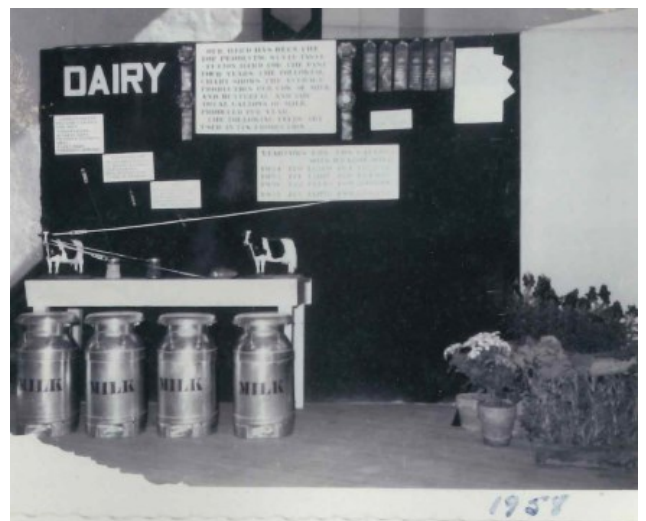
About 25 patients lived in a ceramic block, two-story house about a quarter mile from the dairy barns. There was a pool table in the basement. The patients would wake up at 4 AM and walk to the dairy barns for the morning milking. When they returned, the cook (also a patient) would have breakfast ready, farm fresh bacon and eggs. If Jim hand-peeled 20 lbs. of potatoes during the night, they would have fried potatoes, too.

Twenty-five patients with only one staff person...were there ever any problems? "Not once a problem." If there ever would be a problem, the patients would be there to help, 100%. A married couple worked the day shift but there was only one staff person assigned to evenings and midnights.

Each patient at the dairy colony had their own cow to take care for. They loved their cows and even named them. There were 116 head of cows so each patient would milk more than one cow. When they sold the cows at auction, these grown men cried.



The milk was wonderful! It did not come in bottles (think of the hazard of broken glass). Milk was delivered to all the units in big metal milk cans and then poured into smaller metal pitchers and put into the refrigerators on the unit. Patients could get fresh milk whenever they wanted.



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**State
Hospital
In 1950**

**916 Acres
east**

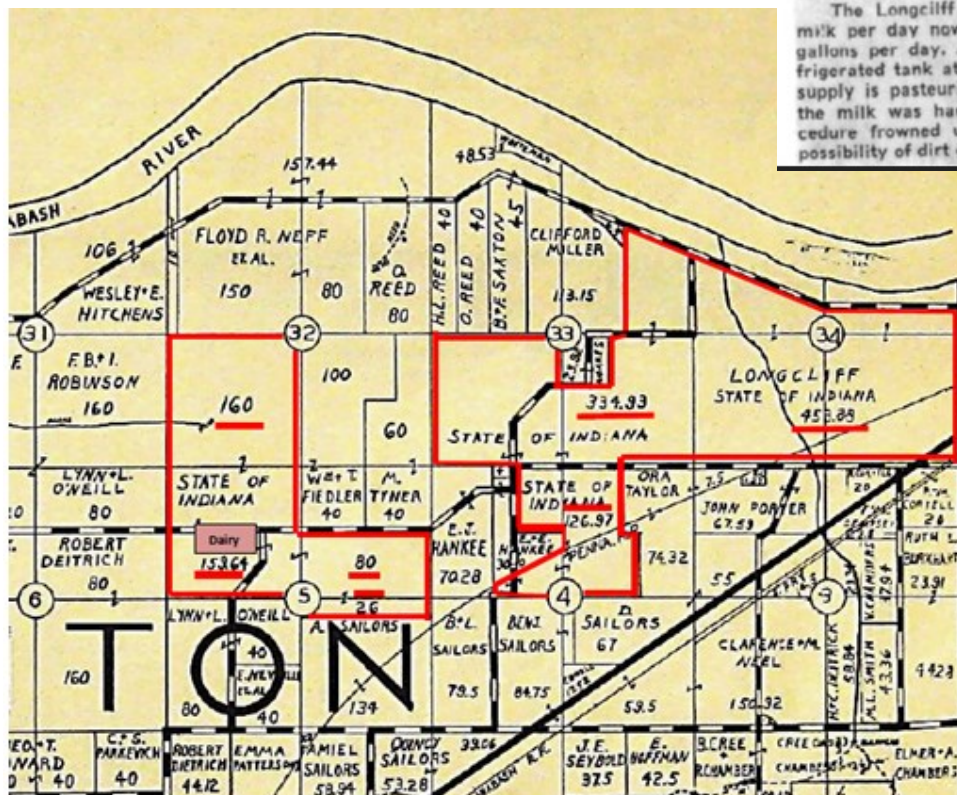
**426 Acres
west
At Dairy**

LONGCLIFF BUYS REFRIGERATED TRUCK



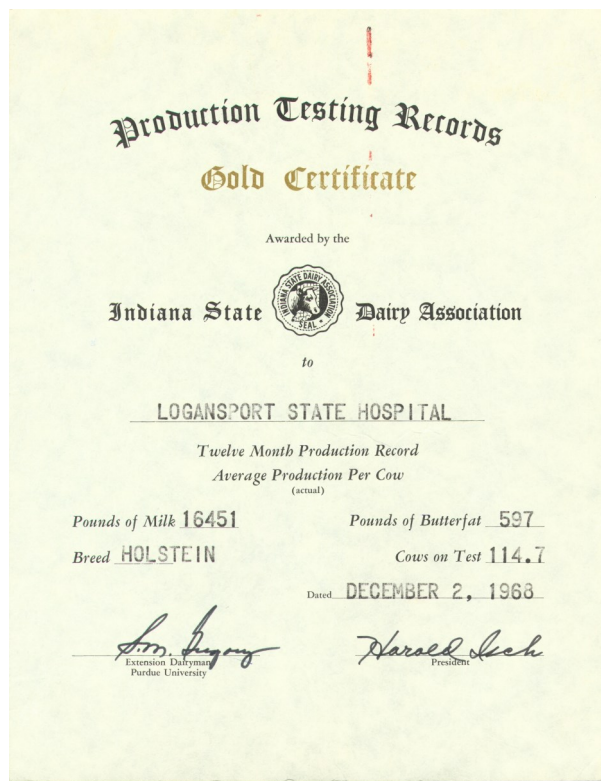
A new refrigerated dairy truck, with a capacity of 114 ten-gallon cans, has been purchased for the Logansport state hospital at a cost of \$2,750 to transport the milk each morning from the Longcliff dairy plant on the old Crowe farm, two and a half miles away, to the new Longcliff refrigeration and storage building. Howard McCoy, chief dairyman at the state hospital, is shown above unloading the milk.

The Longcliff dairy herd produces approximately 400 gallons of milk per day now, and in the summer months this increases to 500 gallons per day. After the evening milking the milk is kept in a refrigerated tank at the dairy barn and in the morning the entire day's supply is pasteurized and packaged ready for the wards. Previously, the milk was hauled in an open truck to the state hospital, a procedure frowned upon by the State Board of Health because of the possibility of dirt getting in the milk. (Pharos-Tribune Photo-Engraving)



Logansport Pharos-Tribune
(February 25, 1953) p. 1.

...continued on Page 12



Longcliff Herd Rates Second In Production

Association Report Shows Local Herd's Feed Cost Per Pound of Butterfat Lowest in State. The Logansport state hospital's dairy herd was the second highest in the state during the past year in the production of milk and butterfat, according to the annual report of the Indiana State Institution Dairy Herd Improvement association, which has just been released. The report also shows that feed cost per pound of butterfat at Longcliff was the lowest in the state. The cost here was 42 cents per pound of butterfat. The other state dairy herds had feed costs per pound of butterfat ranging from 43 cents to a high of 51 cents. The Logansport state hospital's average production was 12,265 pounds of milk and 455: pounds of butterfat, which the State Institution Dairy Herd Improvement Association declared "is a remarkable average for 118 cows milked twice daily." The report, shows that the local dairy herd produced a-total of 1,446,170 pounds of milk and 53,653.5 pounds of butterfat, with 79 of the cows in the herd averaging more, than 400 pounds of butterfat and 28 of them averaging more than 500 pounds of butterfat. The Longcliff dairy herd's income was almost \$30,000. more than the feed cost. The report shows the total feed cost for the herd was \$22,444.30 while the Income in excess of the feed cost was \$29,888.70. The average production for all of the state institutional herds during the-year was 11,838 pounds of milk and 416.1- pounds of butterfat per cow. Logansport Pharos-Tribune (March 3, 1952) p. 1.



Logansport Pharos-Tribune
 (February 4, 1955) p. 3.



Logansport Pharos-Tribune (June 4, 1952) p. 1.

OK Remodeling of Dairy Barn at Longcliff

Building to Be Converted Into Industrial Shop; Laundry to Be Enlarged.

The old dairy building at the Logansport state hospital will be remodeled for use as an industrial building, and the present industrial building, now being connected with the adjoining laundry building, will be used for an enlargement of the laundry facilities, it was announced today by Dr. John A. Larson, superintendent.

The announcement was made after the state budget committee approved \$45,500 for building projects at Longcliff.

Confirmation of the specific projects was received by the hospital Saturday from the budget director, according to Chief Clerk Harold Duncan.

In addition to the remodeling of the old dairy building, at an estimated cost of \$26,000, these projects include \$7,500 for the rebuilding of the hospital's water softener system, \$10,000 for insulation of heat tunnel pipes, and

\$2,000 for the remodeling of a room to house new psychiatric equipment.

Duncan pointed out that the present Longcliff laundry was built for a population of 1,500 patients, and it is inadequate since there are now almost 3,000 people at the hospital.

The Barnes construction company has the contract for connecting the laundry and the industrial building.

Bids will be taken by the state department of public works and supply on the remodeling of the old dairy barn for use as an industrial shop. The work will include new floors, new metal windows frames, lighting, heating, and toilet facilities.

The Longcliff industrial shop makes mattresses for use of the patients as well as tables, chairs, medicine cabinets, brooms, and brushes. It also has a shoe repair shop and weaving equipment.

Logansport Pharos-Tribune (Nov. 24, 1952) p. 1

Five-Legged Calf Born at 'Cliff Barn

A five-legged calf, born Tuesday night at the Logansport state hospital maternity barn, is doomed to an early death because it has an incomplete excretory system.

This 100-pound freak of nature was born to a six-year-old Holstein cow, one of the Longcliff dairy herd. Its fifth leg, which is approximately half the normal size, is on the calf's left hip.

Howard McCoy, veteran Longcliff dairyman, said the calf's birth occurred at the exact time that it was expected. However, it arrived tail-first instead of head-first, which is the normal position of a calf's birth.

This was the fourth calf for the cow, all by Longcliff herd sires, and the others were all born normal, McCoy said.

Logansport Pharos-Tribune
(March 19, 1959) p. 27.

Farm Manager At Cliff Ranks As Dean Of Indiana' State Hospital Employees



Dean of all state hospital employees in Indiana is Herschel Smith, farm manager of Longcliff since march, 1921.

With a service record extending over 51 years, he has been in his present post for 42 crop years. A very active man at the age of 70, he has high hopes of adding at least three more years to his unique service record before going into retirement.

Smith is in daily contact with the sprawling 1,200 odd acres of farmland and grounds belonging to the state hospital.

SMITH ENTERED the employee of the local hospital in the spring of 1912, "fresh from Davies county" his birthplace, and not quite twenty years old. At that time the grounds consisted of about 350 acres and there was little farming other than the gardens area which still remains located below the cliff sloping to the Wabash river.

It wasn't until the administration of Dr. Samuel Dodds, superintendent in the 1920's, that a farming program was begun in 1921 and Smith was handed the chore of managing the farms. He has continued to do so since.

AS MANAGER OF "everything that grows and breathes" in the farm category, he pays glowing tribute to his departmental staff of men whose service totals 105 years. Smith cites them especially for their contribution to maintaining

the "therapeutic community" that the present superintendent Dr. Ernest J. Fogel, has initiated during his administration.

Smith's very warm and out-going personality makes for him many friends among the patients who are assigned to him for work therapy and he is aware that his staff makes a valuable contribution to the treatment program at the "Cliff."

He points out that his success as manager of the farm program he receives from those men entrusted with their particular farms and ground operations. Herbert Grant, florist; Lester Soncarty, swine herdsman; John Thomas, farm mechanic; and Howard McCoy, dairy herdsman, are his chief assistants. Smith says the Purdue university agronomy program has helped give Longcliff a reputation as one of the better farm programs in this state.

WHEN ASKED what occasion was most memorable in his half-century of farm supervision, Smith smiled and happily recalled being invited to sit at the governor's table when he was honored in 1959 as the state employee having the longest service record.

At that time he was completing 48 years as an employee at Longcliff. He said that "when Governor Handley asked me to step down from my table position to accept the scroll it was the happiest moment of my life."

Smith also is well known for his uncanny memory and is quite often called upon by the officials to relate "some factual date pertaining to the hospital" years ago when no records were kept.

The personnel director, Ralph Cary, refers to Mr. Smith as the unofficial historian of Logansport state hospital. Very active in farm circles in the state, Herschel has a whole host of friends in Cass and surrounding counties in Logan-land.

OF THE 1250 acres in hospital holdings, 900 acres are in rotating crops and 25 acres in reforestation. Without his 100 patients assigned to the farm program the year around, Smith admits they would have much difficulty in growing corn, wheat, oats, soya beans and potatoes. Although much of it is done with modern, mechanized equipment, there is still much to be done with manual labor.

His department always stages a family Christmas party at which all "his boys" (patients) are treated, and as Smith adds, of course Mrs. Smith enjoys fixing the holiday delicacies that warm a man's heart and stomach.

During the summer months quite often his patient help will number between 150 to 175 and they are kept busy making silage, making hay, mowing lawns, working the vegetables in the gardens, cleaning stalls at the dairy, etc.

NOTHING PLEASES him more than to recommend a patient for discharge, and he has done that many hundreds of times in his years as "farm boss." His concern for his assigned patients' welfare is comparable to that of a dedicated psychiatric aide, of which there are many at the mental hospital.

Logansport Pharos-Tribune
(December 23, 1962)

September Changes at LSH!

Position Changes

Kenneth Zawadzki to SAS
Jeffrey Gipson Sr. to Maint. Repair 2
Alex Holmes to CN3
Jon Mueller to Maint. Foreman

New Hires

Paulette Hoepfner
Jayden Anderson
Mark Babb
Brittany Flatt
Kimberly Murray
Robert Neal
Troy Veach

Farewells

Dorine Deason
Brock Williams
Drew McVay
Emily Sellers
Georgianna Nevers
Falecia Raderstorf
Jesse Zimmerman
Sasha Andrews
Malekhi Whiteley
Stacey Gilvin

**LJCF & LSH are Excited to Jointly Host A
Trunk or Treat.**



**Put your Halloween costumes on and
join us for a night of family fun!**

**October
26th &
27th**

**6:00p.m.-
7:30p.m.**

**LSH
Soccer
Fields**

Safety is our main priority!

This event is open ONLY to LJCF and LSH employees and their families.

Every child should be escorted by a state employee to each station.

Sneaky Snaps!



Photos by Darrin Monroe and Mike Busch

Live United Day Volunteers give Longcliff Museum a little Facelift...

Some Volunteers from the Longcliff Museum Committee and other volunteers spent 4 hours cleaning the inside while others were scraping and painting some of the window panes of the beautiful Longcliff Museum built in 1888 which was known once as the Administration building that actually once housed the first Superintendent and his family on the second floor.

...Come and visit!

MONSTER WRAPS

<https://www.womansday.com/food-recipes/a33564111/monster-wraps-recipe/>

Course: Lunch | Cuisine: American

Make these monstrous wraps come to life with sliced Cheddar, olives, and cornichon pickles! Use your favorite sandwich filling.

Ingredients:

- 🕒 Large spinach wraps
- 🕒 Favorite sandwich filling
- 🕒 Sliced Cheddar cheese and/or nori (seaweed wraps), for hair and mouth
- 🕒 Sliced pimiento-stuffed olives, for eyes
- 🕒 Whole olives, for bolts
- 🕒 Cornichon pickles, whole for bolts, halved for eyebrows and nose



Instructions

1. Fill each wrap with desired sandwich filling and roll up like a burrito. Cut cheese slices and/or nori in half and cut triangle shapes for hair. Place on 1 half of wrap. Cut remaining half into long strips for mouth. Cut smallest cornichons in half lengthwise for eyebrows. Cut a thin slice for nose. Place olive slices for eyes.
2. Use toothpicks to secure 2 olives or cornichons to sides of wrap for Frankenstein's bolts.

Yields: 1

Total Time: 10 Minutes

WHO AM I?

Can you guess who is behind the Smiley face pictured below? If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by October 22, 2021.

Employees with correct answers will have their name put into a drawing, sponsored by the EMBRACE Committee, for a chance to win a free five-dollar gift certificate.



Dillon Rolland and Mindy Ray were pictured as the Who Am I individuals; good luck guessing this time! Will you have a correct guess for the “Who Am I?”?



**Dillon Rolland and
Mindy Ray**

If you have a picture of an employee and would love to have a little fun with it call Darrin Monroe at #3803 or email Darrin at darrin.monroe@fssa.in.gov